

In Honor of National Nutrition Month... TAKE TIME TO NOURISH THE ATHLETE IN YOU

Do you love competition? Are you the type of person that plays three sports a year at school? Are you always looking for that competitive edge to improve your game or shave that last second off your time? Many athletes turn to diet and nutrition supplements to give them the upper hand in competition. Unfortunately, many of them are misled to follow the wrong path and end up lowering their performance or even hurting themselves. Sports nutrition is a very hot topic, and this month we are going to take a deeper look at it.

One of the best ways to boost your performance in your favorite sport is to increase your carbohydrates. Your body was designed to very efficiently metabolize and store carbohydrates for energy. When you eat a food that contains carbohydrates, your body uses some of it immediately for energy. What does not get used is stored for later use. The body stores some of the carbohydrates in your muscles (called glycogen). When you play sports or do any extended physical activity, your muscles use the glycogen for energy. However, the muscles cannot store large amounts of glycogen - only enough for about 2 hours of intense activity. So, you need to refuel your muscles with more carbohydrates before, during and after a long workout or game. If the muscles are not replenished, you feel tired and weak and lack the stamina and strength to perform at your peak performance. Before a big game or extreme sport, you should fuel up with the following:

- 4 – 5 hours before the event, eat 50 – 60 grams of carbohydrates;
- 2 – 4 hours before the event, eat 30 – 40 grams of carbohydrates; and
- 30 minutes - 1 hour before the event, eat 15 – 20 grams of carbohydrates.

It is important to refuel after the event also, so eat a snack immediately after the event and then have a meal within the first 2 hours after the event.

Another way to perk up your athletic prowess is to power up on your water intake. As you work out, you lose a lot of water in sweat. As you lose water in your sweat, you become dehydrated. When your body becomes dehydrated, you may have fatigue, nausea, dizziness, headaches, muscle cramps and decreased strength, speed, and stamina. Obviously, this would not allow for maximum performance. To prevent dehydrations, you should:

- Drink 2 – 3 cups of water 2 hours before the activity.
- Drink another ½ - 1 cup 15 minutes before the activity.

You also need to replenish water loss during your game or event, so be sure to keep water on hand so that you can rehydrate every 15 minutes. You may also want to weigh yourself before and after a workout to see how much fluid weight you have lost. You will need to replace this loss by drinking 2 – 3 cups of water for every pound of weight lost.



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"TAKE TIME TO NOURISH THE ATHLETE IN YOU" Continued...

Vitamins and minerals are another important part of achieving your maximum potential in sports. Vitamins A, C, E, and B6, and Calcium and Iron are the most common vitamins and minerals lacking in a teenager's diet. Deficiencies of some of these can lead to fatigue and poor stamina, which in turn will hinder your athletic performance. To boost performance, make the following foods a regular part of your diet:

- **Vitamin A** - carrots, spinach, sweet potatoes, fortified milk, eggs, cantaloupe, apricots and butternut squash;
- **Vitamin E** - milk, corn oil, sunflower oil, olive oil, peas, apricots, canned baked beans with pork and salmon;
- **Vitamin B6** - oatmeal, banana, chicken, sunflower seeds, brown rice, wheat germ, beef, prunes, cauliflower, yogurt, tomato and wheat bread;
- **Vitamin C** - broccoli, brussel sprouts, cantaloupe, collards, oranges, strawberries, tomatoes and watermelon;
- **Calcium** - milk, yogurt, cheese, calcium fortified orange juice, tofu, spinach, white beans, canned salmon with bones, cottage cheese, almonds, broccoli and mustard greens; and
- **Iron** - beef, pork, chicken, eggs, dried beans, nuts and peanut butter, fortified breakfast cereals, baked potato with skin, enriched rice and pasta, apricots, pumpkin, oatmeal, spinach and whole wheat bread.

By simply making a few adjustments in what and when you eat and drink, you can have a big impact on your game performance. The best part is you can do it naturally - on your own - without the aid of supplements that might hurt you.

Now get out there and GO FOR THE GOLD!!!

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"We have the power to choose and to exercise that power without giving control of it to situations. We cannot change anything but our own perspective and response. Yet in that changing, we change the world around us by becoming an instrument of insight and awareness."



Gail Pursell Elliott
"The Dignity and Respect Lady"

8 WAYS TO SAY "NO" TO SMOKING

1. **Be Direct** - Simply say, "No. I don't want to!"
2. **Change The Subject** - "No, let's go to a movie or go get pizza."
3. **Try A Good Comeback Line** - "No way I'm putting tar, nicotine and poison in my body."
4. **Try A Joke** - Sometimes a joke can get you out of a hard situation. "No thanks. Parties are more fun when you can breathe."
5. **Walk Away** - Make up an excuse. "I've got to get home, or I'm going to be late for class."
6. **Return The Dare** - "If you were my friend, you wouldn't push me to do something I don't want to do."
7. **Blame It On An Adult** - "My mom is expecting me home soon, or if my dad catches me, I'll be in big trouble."
8. **Avoid The Situation** - Be aware if your friends are acting "sneaky." Get busy doing something else.

